



# Supermarket Tours

Wondering what you can eat? Confused over carbohydrates, sugar, net carbs, sugar alcohols, glycemic index? Overwhelmed by all the choices in the supermarket?

Join Registered Dietitian Cathy Bertinuson of Cooley Dickinson's Center for Excellence in Diabetes Education to walk the aisles of Stop & Shop looking at labels, comparing products, and figuring out how to put meals together. Cathy will also have coupons, product samples and prizes.

The program is free, but you must register in advance as tour size is limited. People living with diabetes and members of their families are encouraged to attend. **To register, call (888) 554-4CDH (234) or visit [www.cooley-dickinson.org](http://www.cooley-dickinson.org)**

**March 17 ♦ July 21 ♦ December 1**

**6:30 to 8:30 pm**

Stop & Shop

228 King Street, Northampton

**April 7**

**6:30 to 8:30 pm**

Stop & Shop

52 French King Highway, Greenfield

**September 16**

**6:30 to 8:30 pm**

Stop & Shop

440 Russell Street, Hadley

Supermarket Tours is a part of the Living Well With Diabetes, a series of free programs with speakers and exhibits presented by the Cooley Dickinson Hospital Center for Excellence in Diabetes Education.